SURREY matters

SURREY

LOCAL FOOD HERO CHRIS BAVIN

The Surrey greengrocer helping us eat well for less

IN THIS ISSUE

AUTUMN 2015

surreycc.gov.uk

Make a real and positive difference to someone's life

We are now recruiting

Have you considered earning an income supporting someone in your own home?

We need more Shared Lives carers to join our scheme to support adults with a range of care needs. This could be for just a couple of hours a week, weekend breaks, or as a full time living arrangement.

The scheme offers Shared Lives carers:

- £45 to £80 per day with generous tax breaks
- Flexible working hours
- Ability to work from home
- Advice and specialist training

Come along to one of our drop in sessions during Shared Lives week.

Chat to other Shared Lives carers and find out more about our service
Visit us between 11am and 3pm:

Monday 19 October - Woking Hub, 51 Commercial Way, Woking, GU21 6HN

Tuesday 20 October - Redhill Hub, 41 High Street, Redhill, RH1 1RX

Wednesday 21 October - Swan Lane, Guildford, Surrey, GU14EQ

Friday 23 October - Staines Hub, 4 Thames Street, Staines, TW18 4SD

Contact us for more information.

Surrey Choices
Shared Lives

01483 806806 **info@surreychoices.com**

Welcome

Sally Marks, Chairman, Surrey County Council

At this time of year change is in the air The temperature starts to dip autumn transforms the Surrey countryside and the new school term brings thoughts of fresh starts In this spirit, our autumn issue features some of the many small changes that can have an enormous impact – on our health, our happiness, even the environment

Our cover star Chris Bavin has taken his passion for food as a greengrocer in Walton-on-Thames to the nations TV screens and on page 8 he shares some great tips on how rethinking your weekly shop can help save you money and reduce food waste It's an easy way of caring for our environment, something staff and pupils at Horley Infant School know all about – find out what makes their school special on page 14

We also meet some of the Surrey residents who have helped change the way their communities prepare for the challenges of winter weather – head to page 10 for the full story and simple steps you can take to do the same where you live And on page 16 find out how our Childrens Services teams are working more closely with the police, schools and other organisations to help protect young people from sexual exploitation

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ON THE COVER

Chris Bavin, Surrey greengrocer and star of BBC TV hit Eat Well for Less reveals the secrets of shopping smart and cutting down the food we throw away **Page 8**

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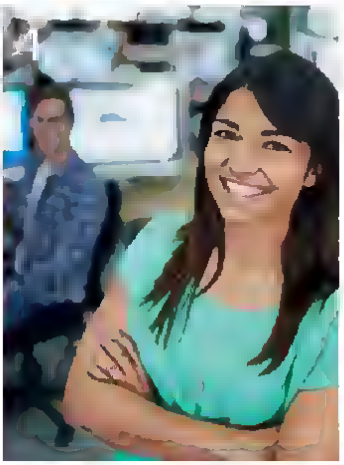
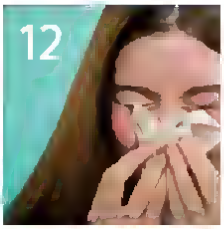
Caring for our environment We visit Horley Infant School to meet some of Surrey's youngest eco warriors **Page 14**

Protecting our vulnerable children Social worker Lucy Titherington explains how we can protect young people from sexual exploitation **Page 16**

In each issue, our features highlight real-life examples of Surrey County Council's priorities. Find out more at **surreycc.gov.uk/ourpriorities**

If you would like this magazine in large print, on tape or in another language, please let us know For advertising opportunities, email **surreymattersads@surreycc.gov.uk**





News

Opportunity knocks

CREATING OPPORTUNITIES FOR OUR YOUNG PEOPLE
Surrey

Is your child unsure about what to do after finishing their GCSEs? The Surrey Opportunities Fair gives young people the chance to plan ahead and get information and advice on the wealth of options available, from further education or training to apprenticeships and permanent employment.

The fair is also a chance for young people to meet over 100 employers, colleges and training providers and make connections that could kick start their career. Students and apprentices will also be on hand to offer advice about their own experiences. The fair takes place on Tuesday 13 October at Epsom Downs Racecourse – find out if your child's school is organising a visit or come along to the open session from 3.30pm. **surreycc.gov.uk/opportunitiesfair**

Leading the way

Surrey County Council Leader David Hodge plans to use an influential new role to fight for fairer funding for local councils. Following his election as Conservative Group Leader at the Local Government Association, Mr Hodge said, "The issues we're facing in Surrey are also being confronted by councils across the country and I'm determined to ensure they are firmly on the Government's agenda. That's why I intend to spend my time in the role fighting to ensure councils get the resources they need to meet the growing demand on our services and making the case for devolution across the country."

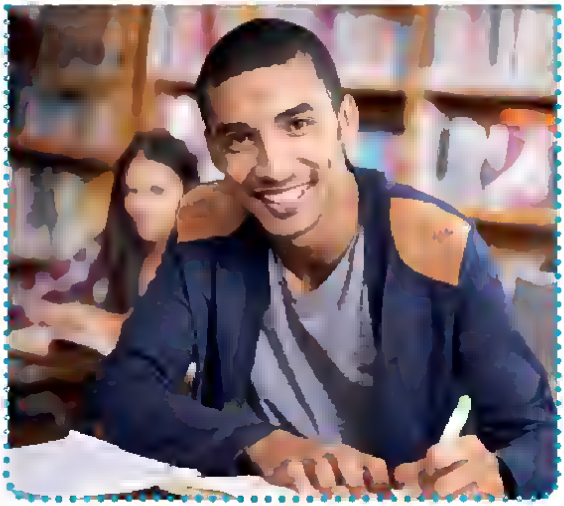
Rebuilding Surrey's Roads

IMPROVING OUR ROADS
Surrey

More than 800 pothole-proof roads are due to be built in Surrey over the next three years as part of Surrey County Council's Operation Horizon project. Road rebuilding is when we replace the road's top surface, and sometimes its underlying base. This expensive work is reserved for the county's worst roads, meaning that recurrent problems are resolved. Operation Horizon started in 2013 and is due to run until 2018. You can find out which roads will be rebuilt this year by visiting **roadworks.org** and searching by postcode, or by calling 0300 200 1003. Visit **surreycc.gov.uk/horizon** for a full list of all [illegible] roads in [illegible]

PROTECTING YOUNG PEOPLE AND INFANTS WITH **NEW VACCINATIONS**

17 and 18 year olds can now take up a new vaccine which offers them protection against meningitis following an increase in cases GPs are targeting students about to start university as they are especially at risk as they mix closely with lots of new people for the first time From this September, a new vaccine is also included in the infant immunisation programme to help protect babies in Surrey against Men B disease For information about both vaccinations, contact your GP



Secondhand smoke banned from cars

Each year children being exposed to smoke in cars results in over 300,000 GP visits and 9,500 hospital admissions nationally That s why from 1 October 2015, it will be illegal to smoke in cars with children and young people, and those who do so will face a £50 on the spot fine If you need help quitting then sign up to Stoptober and talk to our Stop Smoking Service That way, you re four times more likely to stay smokefree for good Call them on **0845 602 3608** or visit **healthysurrey.org.uk** for more information

In brief...

CARING FOR CARERS

Did you know that in Surrey alone there are an estimated 108,000 people who care for a friend or relative? If that includes you or someone you know, find out what help and support is available by visiting **surreyinformationpoint.org.uk** or, if you're under 18, **surrey-youngcarers.org.uk**

CHANGES TO LOCAL BUS SERVICES

Following two public consultations which saw thousands of residents have their say, some changes to local bus services have been introduced. For details of the changes and where to find new timetables, visit **surreycc.gov.uk/transportreview** or call **0300 200 1003** (SMS **07527 182 881**)

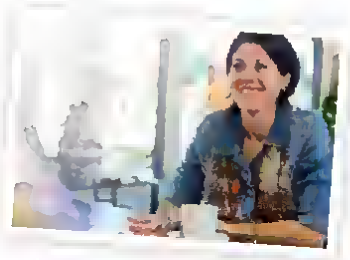
NOMINATE YOUR COMMUNITY HEROES

Do you know a person, project or organisation that makes life easier, more secure or just happier for older people living in Surrey? There's still time to nominate them for the 2015 Living and Ageing Well Awards – visit **surreycc.gov.uk/livingandageingwell** or phone **0300 200 1005** by 7 October.

GETTING WISE ABOUT YOUR BENEFITS ENTITLEMENT

Get WiS£, a service that offers free welfare information and support, can help disabled people and their families, older people, lone parents and young people understand what financial support is available Visit **getwisesurrey.org.uk** or call **0300 030 9432** (SMS. **07581 392 818**).

IN THE SPOTLIGHT



How volunteer counsellors can help people with drug and alcohol problems turn their lives around

A fundamental belief underpins the work of Surrey charity Catalyst: that people can change. Formerly known as SAdAS, the organisation has been offering support services to people struggling with issues around alcohol and drugs for 30 years.

Keith Deane joined Catalyst as a volunteer when he was training to become a counsellor. Five years on, he continues to volunteer for three hours a week as part of a team of 44 qualified volunteer counsellors who help hundreds of people every year. Keith explains why the work of Catalyst is so vital.

"Like many people looking from the outside, I had preconceptions before I started volunteering at Catalyst. There's a lot of judgement of people with drug and alcohol problems, and because they are used to being criticised they will often blame themselves and then become isolated, which can be very destructive.

"But people are often in that situation because of unresolved trauma, relationship problems, abuse or underlying mental health issues, an area Catalyst is focusing on more and more. The reason behind someone's addiction problem is quite often very sad.

"The counselling we offer gives people coping skills, insight to help them understand their behaviour and a relationship with someone they can trust and who won't judge them. This can help empower them to rebuild their lives. We also offer help for friends and family of people with addiction problems, and those who are worried that they might have a problem.

"I find working with people with these problems very rewarding, as they can move an enormous distance. One client said to me, 'I used to have a one day plan and now I have a five year plan, and he's since gone on to study at university.'

"Volunteering is also about giving something back to the community, as people don't always have a strong network of family or friends who can help them."

> *"The counselling we offer gives people a relationship with someone they can trust and who won't judge them"*

Catalyst received the Queen's Award for Voluntary Service for its counselling and is supported by the Big Lottery Fund, Surrey County Council and donations. To find out more about Catalyst and its work in mental health and drugs and alcohol visit **catalystsupport.org.uk** or call **01483 590 150**

THE *power* OF *choice*

How personal health budgets are giving people with care needs and their families the chance to take control.

For people with care needs due to disability, accident or illness and their families, understanding what support options are available is important. One of the ways that people can have more control over the care they receive is through a personal health budget. This is an amount of money that's allocated to fund their care, which they can choose to spend in a way that suits their wishes and needs.

Ben Toms, from Redhill, is 20 years old and was diagnosed with epilepsy when he was just four. He needs monitoring day and night to make him safe during the seizures that he suffers up to every two minutes. We spoke to his mother, Rose, who has received a personal health budget for the past two years to help Ben choose how his health needs are met.

How did you go about setting up a personal health budget for Ben's care?

We completed a continuing healthcare (CHC) assessment which was done collaboratively in a meeting with our CHC nurse, social workers from Surrey County Council, Ben's GP, his carers and our family.

The funding we receive for Ben's care is based around need and not means, which gives us real peace of mind as we don't feel like the rug could suddenly be pulled from under our feet.

Is it difficult to manage a personal health budget?

It's like running a mini business – you have to keep track of what is coming in and going out. However, we have the support of our CHC nurse who pops in to check how things are going and is always available to answer our questions. The council's social care team also supports me and my husband as carers.

What impact has it had on Ben?

Ben's personal health budget has given him independence and confidence. He is now able to board at a school for young people with special educational needs, where he can be monitored throughout the night. Because Ben can choose his own personal assistants, they are people he knows and trusts.

And how has it helped you as a family?

Caring and worrying about a loved one round the clock is hard, so knowing that Ben is happy and safe helps us to sleep at night and to be better parents. Our heads are still spinning from the difference continuing healthcare funding has made to our lives.

To learn more about continuing healthcare and personal health budgets in Surrey, call **0300 200 1005** (SMS: 07527 182 861) or visit **surreydownsccg.nhs.uk/chc**

Helping families thrive is a priority for Surrey County Council. Find out more at **surreycc.gov.uk/ourpriorities**

Naked ambition

Chris Bavin has gone from stocking the county's cupboards at his Walton-on-Thames shop, the Naked Greengrocer, to joining forces with TV presenter Gregg Wallace to help people reduce their weekly food bill on the BBC series Eat Well for Less.

We caught up with him to talk meal plans, local shops and why reducing your food waste is a great way to save money and benefit the environment

What's it like helping people change their food habits on Eat Well for Less?
Food shopping is something that everybody does on a weekly basis but people fall into traps It's interesting to see the gentle changes which help to cut your food bill dramatically

How do you advise people to cut down their food waste?
A surefire way is to know what meals you're going to have each week I would always advocate making a meal plan It's simple and doesn't take long – just write down what you're going to make each day and from that compile a shopping list If you only buy what's on the list, you should be throwing a lot less away

What do you do with the food waste you can't reduce?
We really try to avoid all food waste, but there is some which we throw in the kitchen caddy It's just as easy for us if it goes in the caddy instead of the bin, but the environmental consequences are huge There will always be an element of food waste, but it can have a positive value if it's used to generate energy

How do you keep your food fresh?
At home we get a veg box delivered which is great because you're buying food in season when it's at its freshest I do use supermarkets, but I also like to use local butchers fishmongers and greengrocers, where you're not as tempted to buy food you don't need

Chris is back on BBC One in the second series of Eat Well for Less. Visit thenakedgrocer.com to find out more about his Surrey business.

"There will always be an element of food waste, but it can have a positive value if it's used to generate energy"

Caring for our environment is a priority for Surrey County Council Find out more at **surreycc.gov uk/ourpriorities**

Chris's top tips for reducing food waste and saving money

Think before you're tempted by special offers
"They're only very cheap if you use them, if you intended to buy them and if you eat them."

Fill up your freezer
"If you have leftover tomatoes, make a sauce and freeze it. If you make a nice big batch with courgettes, onions or whatever you have, the next time you want a bolognese or chilli you have a homemade, really healthy sauce."

Buy whole foods
"Try to buy fruit and veg whole. A whole melon will last a lot longer than a chopped or cubed one, because when it's chopped more of the surface is exposed to air. And only buy bagged salad when you're going to use it straight away."

Turn eggshells into energy

While it's always best to reduce how much food you throw away, most homes in Surrey have weekly food waste collections

Use the collection for all cooked and uncooked food waste, including vegetable peelings, bones, tea bags, coffee grounds, egg shells, cheese and anything past its use-by date.

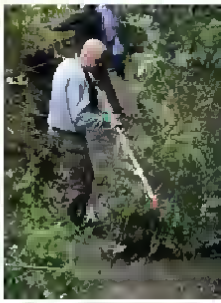
Simply put your food waste in your caddy which is emptied every week with your waste or recycling. You can use newspaper or a compostable liner to help keep your caddy clean.

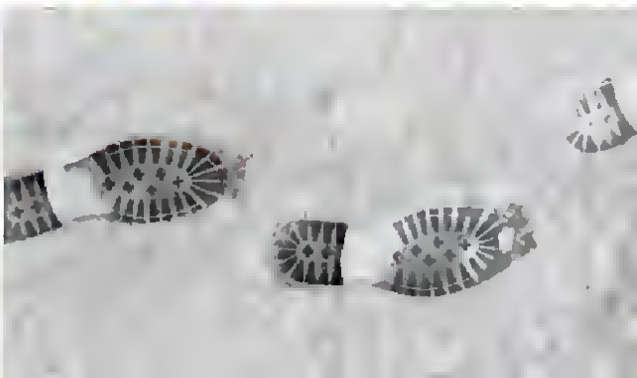
The food waste is taken to an anaerobic digester and used to generate green electricity – if all 80,000 tonnes of Surrey's food waste were collected from caddies, it would generate enough electricity to power 10,000 homes for a year.

Once all the electricity has been produced, a liquid fertiliser is left which is used in farming.

For more information on food waste collection, contact your local district or borough council or visit **recycleforsurrey.org.uk** where you'll also find advice and recipes to help reduce the food you throw away.

Strong today ready tomorrow





From flooding to heavy snow, when faced with an emergency, communities are often at their strongest. But what if that community spirit could continue whatever the weather? We discover how Surrey residents can work together to make sure they're ready for anything.

Many communities have a story to tell – something everyone faced together, such as the floods that struck parts of Surrey at Christmas in 2013. At the heart of these stories are examples of the amazing things communities achieve when they work together, like the residents in the tight-knit community of Brockham who went door to door that Christmas helping pump water from neighbours' homes.

But what about keeping that community spirit going all year round, not just in an emergency?

Volunteer power

Robert Bartlett was one of the villagers who set up the Brockham Emergency Response Team (BERT). The team played a vital role during the floods – not only pumping water but using go-carts and trailers to distribute sandbags as well as clearing ditches and carrying out searches. Robert explains how the group tackles both emergencies and prevention.

"Brockham is a great community but its resilience comes from the fact that people of all ages and from all walks of life live within the parish – during the spell of atrocious weather in November and December 2013 we had a team with a wide range of skills where the youngest member was 13 and the oldest was 70.

"The role of the group is to respond to calls for help of all types from the community, mostly following, or during, bad weather or a power cut.

"Prevention is a major part of what we do – such as clearing drainage ditches in the village. That's also led to farmers and householders cleaning out and maintaining their own drainage ditches. There's a strong 'can do' and 'will do' attitude."

Simple steps to stronger communities

The steps to being a resilient community don't have to be huge. Liz Fowler, Surrey County Council's Community Resilience Officer, suggests starting with the basics. "Begin by getting familiar with winter advice – signing up to Met Office weather alerts and finding out what's available from utility companies to help during power cuts or water problems. Then look at how you can help the wider community, like getting into the habit of checking on an elderly neighbour and doing that all year round."

LEFT: The Brockham Emergency Response Team (images 1, 2, 4) and Tandridge Snow Angels (image 3) in action

Building a stronger community
How to get started

Liz Fowler helps communities with everything from organising training to helping write local plans in preparation for cold weather, flooding or other emergencies. She also acts as a link between communities and their local borough or district council, Surrey County Council, the Environment Agency, utility companies and Surrey Fire and Rescue.

If you'd like advice and support on setting up a community resilience group, and information about funding sources available to help you do this, you can contact Liz on 01483 518 884 or by emailing community.resilience@surreycc.gov.uk.

There are also other useful resources available such as:

- **Sign up** to the Priority Services Register – if you're over 65, are disabled or have a child under one you may be able to get extra help if there's a power cut or a problem with the water supply
- **Check surreycc.gov.uk/winter** for tips on being prepared when cold weather sets in
- **Make sure** you protect your health in the run up to winter, and encourage family and friends to do the same – find out more on pages 12-13

Community Resilience in action
More Surrey residents showing how it's done

The Tandridge Snow Angels

When cold weather strikes, these l[illegible] volunteers spread grit provided by th[illegible] council and clear snow on pavemen[illegible] Their help means the council can [illegible] on keeping roads safe and clear, but [illegible] are still cleared so that shops can stay open and villagers can get out and about and access services like their GP surgery.

Chobham flood action group

For over seven years the Chobham Flood Action Group has cleared ditche[illegible] and gullies to provide better drainage for the village. They've also worked with [illegible] County Council and Surrey Wildlife Trust to build ponds that catch water which would otherwise flow through the village. In the autumn, Chobham's flood wardens will be trained by Surrey Fire and Rescue and the group is also staging a simulation event to fine tune what would happen in a real emergency.

MAKING *your health matter*

From free NHS Health Checks to the flu vaccination, we discover the simple steps that can make a big difference to your health.

"It's free, it's easy – definitely go and have an NHS Health Check"

Woking chauffeur Aqueel Lone had his NHS Health Check after Surrey County Council's public health team visited Galaxy Cars, where Aqueel works, to offer checks.

"I didn't really know what to expect from the health check but I really wanted to find out about my blood pressure and cholesterol. I didn't want to put it off because I knew it would help avoid any future health problems

"My blood pressure and some measurements were taken, and there were a few other tests, but absolutely nothing to be nervous about. My results were explained to me and although it was a bit of a shock to learn I had high cholesterol, I was given lots of good advice on bringing it down.

"I've cut down on oil in my food and have started eating more salad. I'm also using a treadmill at home and it's all made a big difference. Physically and mentally I'm feeling better because I know I'm doing the right thing and I'm much healthier.

"It's free, it's easy – definitely go and have an NHS health check"

If you're aged 40-74 you could be eligible for an NHS Health Check. This will help spot early signs of problems such as kidney disease, type 2 diabetes, heart disease and your risk of having a stroke. By spotting these signs, you'll be able to take action to minimise these health risks.

Visit **healthysurrey.org.uk** or phone your GP to find out if you're eligible and how to book.

Getting ready for winter: the health checklist

There are lots of things you can do to make sure you have a healthy winter:

✔ Get vaccinated
If you're eligible for a free flu vaccination, make sure you have it as it's the best way to avoid catching and spreading flu. Don't forget that children aged 2-4 years old can have one this year. Contact your GP to find out more.

All children in school years 1 and 2 will also be offered the vaccination via their school.

✔ Preventing bugs
Cold and flu viruses are easily passed on but three simple steps can make a big difference if you sneeze or cough; catch the germs in a tissue, bin it straight away and then kill the bug by washing your hands.

✔ Keep your home warm
If you're over 65 or have a health condition such as heart disease or lung disease you should heat your home to at least 18°C. If you're under 65 and healthy, you can have it cooler as long as you're still comfortable.

✔ Keep an eye on elderly and vulnerable neighbours
If it gets particularly cold, check if your neighbours are ok and ask if they need anything. Look out for signs such as left milk bottles, drawn curtains or newspapers in letterboxes, which could signal a serious problem.

✔ Watch your feet
One in three adults over 65 years old has a fall at least once a year, but the cold weather can cause problems for all ages. Take extra care if you're out and about when the ground is icy and slippery. Start by making sure you have well-fitting shoes which support the ankle.

For more advice visit **surreycc.gov.uk/winter**

Keeping families healthy is a priority for Surrey County Council. Find out more at **surreycc.gov.uk/ourpriorities**

Carrots, composting AND THE curriculum

Surrey Matters visits Horley Infant School to meet some of Surrey's youngest eco warriors.

From helping with composting to learning why their school uses local shops, the pupils at Horley Infant School are an environmentally savvy bunch.

Their school is part of the worldwide Eco Schools scheme and it's a fantastic example of what can be achieved when sustainability is put at the heart of school life

We asked some of the children to tell us what they like about being part of an Eco School Every hand flies up as the group of 5 and 6 year olds talk about recycling and the school's very own bug hotel Then they take us on a whirlwind tour of their many eco projects proudly showing off flower beds and freshly grown carrots

"The children's responses are really positive" says Sarah Gadd, class teacher and eco committee leader "Thinking about the environment is embedded into the whole of school life and the children treat it as second nature even telling their teachers to switch lights off if they forget!"

Skills for the future

"All of the work we do is linked to the curriculum, adds Sarah "As well as the environmental benefit and positive messages this teaches the children there are lots of other things they gain Everyone gets the chance to take part in the eco-committee and meetings are conducted like proper adult meetings, with the children taking the lead and talking about their ideas It gives them a real confidence boost

"We get parents involved through walk and cycle to school schemes – thanks to our Walk on Wednesday project 89% of pupils and their parents now make the journey on foot or by bike or scooter every week. And we set homework that encourages children to share what they've learnt, like making a recycling poster to put up at home"

Let it grow

"We also do lots of gardening with the children" says Rebecca May, a class teacher at the school "We've grown our own potatoes, cabbages and carrots which are used in the school kitchen"

With all of this we weren't surprised to hear that the school has been awarded the green flag, the highest achievement under the Eco Schools scheme, for the past six years But the school won't stop there, with projects underway to further cut down the environmental impact of the school's energy usage "Teaching children about energy usage at a young age is really important," explains Rebecca "It's for the future"

Caring for our environment is a priority for Surrey County Council Find out more at **surreycc.gov.uk/ourpriorities**

What do you like about being part of an Eco School?

Amelia
"I walk, cycle and scooter to school. We had a Bling your Bike Day and I put paper chains on mine."

Thomas
"It's good for the earth. That's why we have Walk on Wednesdays."

Mia
"I like picking up litter so there's none on the floor. I also share a car to school with another family."

Kyle
"I like looking after stuff. I water the plants and we turn paper the other way round and use the back to save it."

All about Eco Schools

- The Eco Schools scheme was set up by the UN in 1994.
- There are 399 Eco Schools in Surrey and Surrey County Council supports these and other local schools with training and advice sessions, resources and help with applying for funding.
- To be awarded a green flag, Eco Schools are assessed in different categories including energy, waste, transport, water, litter, healthy living and global citizenship.
- If you work at a school or would like to find out how your child's school can get involved, head to **eco-schools.saferoutestoschools.com**

"Sustainability in education gives children in Surrey the knowledge, skills and values to help them shape a sustainable social, economic and environmental future for us all. Horley Infant School is an excellent example of the positive impact the Eco Schools programme has on pupils and the local community."

Mike Goodman
Cabinet Member for Environment and Planning

PROTECTING *children in Surrey*

Lucy Titheridge has been a social worker for 20 years and joined Children's Services at Surrey County Council two years ago. Lucy explains how the service works in partnership with other organisations to protect children in Surrey from sexual exploitation

"Child sexual exploitation (CSE) is where a young person under 18 is involved in an exploitative relationship which may be with an adult, peer or family member who sexually abuses them. The young person might gain something from the relationship – that could be gifts, money, even just attention or affection – so they often won't recognise that they are being abused.

"In many cases of CSE, the young person is already vulnerable and the exploitative relationship meets a need in their lives. This can be particularly true of children who are affected by chaotic family lives or other forms of abuse. But there are also cases of children from loving homes being exploited. They might have low self esteem, or a friend is also being exploited.

"A recent case involved two friends from the same school in Surrey who were both being sexually exploited. They were 16 and teachers at the school were worried because of the girls having low self confidence, going missing, problems with drug use, and in one case a terminated pregnancy.

"We worked with their families, teachers, support officers and the police to fully understand the situation, every case is different and needs to be managed differently.

"To help the girls, youth support workers encouraged them to attend groups where they could learn about healthy relationships and making safe choices. We also worked with an organisation that supports young people with drug and alcohol problems. At the same time, the police worked on ways of preventing the girls from going into the homes of the men who were exploiting them.

"Support from the school was also really important. Their teachers understood that the school was a stable factor in the girls' lives and as a result didn't exclude them for difficult behaviour and absences.

"As a social worker, being someone that a young person can rely on for care and support is wonderful. It can take a long time, and is challenging when you're working with a child who doesn't recognise that they are at risk or being exploited. But it's so rewarding when you can help them understand what a good, supportive relationship is."

Child sexual exploitation: signs to look out for

- Regularly going missing from home or school, or coming home late.
- Disengaging from family and friends, or changing friendship groups.
- Having a much older boyfriend or girlfriend, or being seen in cars with different older people.
- An increase in healthcare appointments, or suffering from sexually transmitted diseases.
- Unexplained money or gifts, including mobile phones.
- Drug or alcohol misuse.

Visit **surreycc.gov.uk/cse** for more information.

How to get help and advice

There may be many reasons for changes in behaviour, but if you notice a combination of worrying signs it might be time to seek help or advice. Contact Surrey Children's Services on **01483 518 505** for advice and support, or in an emergency, call **999**.

If you're worried that you are being sexually exploited by an older person and need to talk to someone, contact Childline on **0800 1111**.

Protecting our vulnerable children is a priority for Surrey County Council. Find out more at **surreycc.gov.uk/ourpriorities**

VISIT *Godstone*

If the charming Surrey Hills setting and small, peaceful community aren't enough to tempt you, we discover why the chocolate box village of Godstone should be top of your list for a great day out.

Vintage vineyard

Opened in 1985, Godstone Vineyard is set in fifty acres of beautiful Surrey countryside. Vines are grown to produce white, rose and sparkling wine – make sure you pop into the vineyard shop, where staff are on hand to offer advice and wine tasting. There's also a cafe serving tea, coffee and light lunches.

A family day out

If it's a day of family fun you're after, look no further than Godstone Farm. The farm has everything from animals, creepy crawlies and a large outdoor play area, to quirky scarecrow displays and an animal obstacle course. For something more serene, head to Godstone Green, a popular spot with families where you can unwind while the kids have fun in the park. Or get back to nature at the British Wildlife Centre, which is just a few miles from the village and opens to visitors at weekends and on bank holidays throughout the year.

Step back in time

Godstone dates back centuries, featuring in the 1086 Doomsday Book. The village pond is commonly known as Horse Pond as it was at this spot that horses would be watered before being stabled at the pub nearby.

Getting to Godstone

For a car free day trip, make use of the direct bus services to the village from Caterham, East Grinstead, Lingfield, Oxted and Redhill. You can find lots of information on bus routes to the village with the Travel SMART journey planner at **journeys.travelsmartsurrey.info**

Would you like to have your town or village featured in the next edition of Surrey Matters? Email us at surreymatters@surreycc.gov.uk or call 03456 009 009.

What do you think of Godstone?

Surrey Matters spoke to locals and visitors to find out what they think of the village.

Sarah Hawkins from Limpsfield
"We often visit because the park is great, and the village is pretty."

Rachel Holding, Godstone Farm
"It's the best of both worlds. Oxted facilities are nearby but being right in the Surrey Hills we have easy access to the countryside."

Sheila Mackintosh from Godstone
"I've lived here for 57 years and it has a nice friendly community, plenty to do and good bus services."

What's on

OCTOBER–JANUARY

11-18 October
Guildford Book Festival
Venues throughout Guildford
Join some of the nation's top authors, journalists and opinion leaders at this year's festival, from Melvyn Bragg and Max Hastings to Adele Parks and Esther Freud.
01483 444334/ 01483 444789
www.guildfordbookfestival.co.uk

24-25 October
Wisley Horvest Weekend
RHS Garden Wisley, Woking
Celebrate the sights, sounds and tastes of autumn with delicious food and Wisley apple tastings. Open 9am-4pm
0845 260 9000
rhs.org.uk/wisley

14 November
Christmas Craft Fair
Rural Life Centre, Farnham
From woollens to wood and jewellery, there's something to suit all tastes and plenty of Christmas gift inspiration at this festive craft fair.
01252 795571
rural-life.org.uk

15 November
Days of Steam walk
Horton Country Park, Epsom
Get outdoors this autumn and discover the steam railway that ran through the country park. The walk is subject to weather conditions so please check with the organisers in advance
01372 732000
epsom-ewell.gov.uk

2-3 December
Crystal Grotto Festive Walk
Painshill, Cobham
Enjoy a magical moonlit walk in the 18th century landscape garden, following a festive route past colourful lights to a sparkling grotto. 5pm-8pm
01932 868113
painshill.co.uk

8 December
Festival of Carols
St Joseph's Church, Redhill
Grab your best Christmas jumper and join Reigate and Redhill Choral Society for their annual Festival of Carols. 7pm
07588 730246
reigateredhillchoral.org.uk

8-16 January
Mother Goose
Barn Theatre, Oxted
The Oxted Players return with their annual panto, performing the tale of Mother Goose who dreams of being rich and beautiful
01959 561811
barntheatreoxted.co.uk

27 January
Ji Liu in Concert
Camberley Theatre, Camberley
Enjoy beautiful classical music in the heart of Surrey from Shanghai-born sensation Ji Liu who started playing the piano at just three years old.
01276 707600
camberleytheatre.biz

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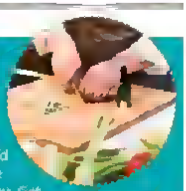

Ever fancied yourself as the next Nigella, or looking to brush up your breadmaking skills? Enter our competition and you could win a cookery course of your choice at the award-winning Four Gables Food Academy. Get stuck in and learn new skills, from indulgent winter puddings or Christmas classics to trying your hand at exotic cuisine. Find out about the courses available at fourgablesfoodacademy.com. For your chance to win, answer the following question by Monday 9 November at **surreycc.gov.uk/surreymatters:**

Where is Four Gables Food Academy?

You can also enter by sending the answer with your name, address and number to Surrey Matters, Room G29, County Hall, Penrhyn Road, Kingston Upon Thames, KT1 2DN. For terms and conditions, visit **surreycc.gov.uk/surreymatters**

You can write to Surrey Matters, Room G29, County Hall, Penrhyn Road, Kingston Upon Thames, KT1 2DN. Produced by Surrey County Council Communications Team and printed on 100% recycled FSC paper. Please recycle this magazine. DB/08/15/CS3083.

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